



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09132, Grapes, red or green (European type, such as Thompson seedless), raw**

**Report Date:** June 30, 2017 11:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:4% Refuse Description: Stems**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 151g	10.0 grapes 49g	1 NLEA serving 126g
<b>Proximates</b>							
Water <sup>1</sup>	g	80.54	8	0.411	121.62	39.46	101.48
Energy	kcal	69	--	--	104	34	87
Energy	kJ	288	--	--	435	141	363
Protein <sup>1</sup>	g	0.72	8	0.031	1.09	0.35	0.91
Total lipid (fat) <sup>1</sup>	g	0.16	8	0.030	0.24	0.08	0.20
Ash <sup>1</sup>	g	0.48	8	0.038	0.72	0.24	0.60
Carbohydrate, by difference	g	18.10	--	--	27.33	8.87	22.81
Fiber, total dietary <sup>1</sup>	g	0.9	8	0.114	1.4	0.4	1.1
Sugars, total <sup>1</sup>	g	15.48	8	0.277	23.37	7.59	19.50
Sucrose <sup>1</sup>	g	0.15	8	0.000	0.23	0.07	0.19
Glucose (dextrose) <sup>1</sup>	g	7.20	8	0.096	10.87	3.53	9.07
Fructose <sup>1</sup>	g	8.13	8	0.218	12.28	3.98	10.24
Lactose <sup>1</sup>	g	0.00	8	0.000	0.00	0.00	0.00
Maltose <sup>1</sup>	g	0.00	8	0.000	0.00	0.00	0.00
Galactose <sup>1</sup>	g	0.00	8	0.000	0.00	0.00	0.00
Starch <sup>1</sup>	g	0.00	4	0.000	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca <sup>1 2 3 4 5 6 7 8 9 10 11</sup>	mg	10	36	0.418	15	5	13
Iron, Fe <sup>1 2 3 4 5 6 7 8 9 10 11</sup>	mg	0.36	36	0.048	0.54	0.18	0.45
Magnesium, Mg <sup>1 2 3 4 5 6 7 8 9 10 11</sup>	mg	7	36	0.206	11	3	9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 151g	10.0 grapes 49g	1 NLEA serving 126g
Phosphorus, P <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a>	mg	20	34	0.987	30	10	25
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a>	mg	191	36	6.312	288	94	241
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a>	mg	2	31	0.273	3	1	3
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a>	mg	0.07	36	0.010	0.11	0.03	0.09
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a>	mg	0.127	36	0.016	0.192	0.062	0.160
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a>	mg	0.071	36	0.002	0.107	0.035	0.089
Selenium, Se <a href="#">1</a>	µg	0.1	4	0.010	0.2	0.0	0.1
Fluoride, F <a href="#">12</a> <a href="#">13</a>	µg	7.8	13	4.844	11.8	3.8	9.8
<b>Vitamins</b>							
Vitamin C, total ascorbic acid <a href="#">17</a>	mg	3.2	12	0.404	4.8	1.6	4.0
Thiamin <a href="#">1</a>	mg	0.069	8	0.002	0.104	0.034	0.087
Riboflavin <a href="#">1</a>	mg	0.070	8	0.007	0.106	0.034	0.088
Niacin <a href="#">1</a>	mg	0.188	8	0.016	0.284	0.092	0.237
Pantothenic acid <a href="#">1</a>	mg	0.050	4	0.005	0.076	0.025	0.063
Vitamin B-6 <a href="#">1</a>	mg	0.086	8	0.009	0.130	0.042	0.108
Folate, total <a href="#">1</a>	µg	2	4	0.000	3	1	3
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	2	4	0.000	3	1	3
Folate, DFE	µg	2	--	--	3	1	3
Choline, total <a href="#">1</a>	mg	5.6	--	--	8.5	2.7	7.1
Betaine <a href="#">1</a>	mg	0.1	2	--	0.2	0.0	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	3	--	--	5	1	4
Retinol	µg	0	--	--	0	0	0
Carotene, beta <a href="#">14</a>	µg	39	2	--	59	19	49
Carotene, alpha <a href="#">15</a>	µg	1	1	--	2	0	1
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	66	--	--	100	32	83
Lycopene <a href="#">15</a>	µg	0	1	--	0	0	0
Lutein + zeaxanthin <a href="#">15</a>	µg	72	1	--	109	35	91
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">16</a>	mg	0.19	5	0.014	0.29	0.09	0.24

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Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta <sup>1 16</sup>	mg	0.00	5	0.000	0.00	0.00	0.00
Tocopherol, gamma <sup>1 16</sup>	mg	0.07	5	0.005	0.11	0.03	0.09
Tocopherol, delta <sup>1 16</sup>	mg	0.00	5	0.000	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) <sup>1 18</sup>	µg	14.6	5	0.761	22.0	7.2	18.4
<b>Lipids</b>							
Fatty acids, total saturated	g	0.054	--	--	0.082	0.026	0.068
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000	0.001
16:0	g	0.046	--	--	0.069	0.023	0.058
18:0	g	0.006	--	--	0.009	0.003	0.008
Fatty acids, total monounsaturated	g	0.007	--	--	0.011	0.003	0.009
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.007	--	--	0.011	0.003	0.009
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.048	--	--	0.072	0.024	0.060
18:2 undifferentiated	g	0.037	--	--	0.056	0.018	0.047
18:3 undifferentiated	g	0.011	--	--	0.017	0.005	0.014
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	4	--	--	6	2	5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 151g	10.0 grapes 49g	1 NLEA serving 126g
<b>Amino Acids</b>							
Tryptophan <sup>1</sup>	g	0.011	--	--	0.017	0.005	0.014
Threonine <sup>1</sup>	g	0.022	--	--	0.033	0.011	0.028
Isoleucine <sup>1</sup>	g	0.011	--	--	0.017	0.005	0.014
Leucine <sup>1</sup>	g	0.022	--	--	0.033	0.011	0.028
Lysine <sup>1</sup>	g	0.027	--	--	0.041	0.013	0.034
Methionine <sup>1</sup>	g	0.009	--	--	0.014	0.004	0.011
Cystine <sup>1</sup>	g	0.010	--	--	0.015	0.005	0.013
Phenylalanine <sup>1</sup>	g	0.019	--	--	0.029	0.009	0.024
Tyrosine <sup>1</sup>	g	0.010	--	--	0.015	0.005	0.013
Valine <sup>1</sup>	g	0.022	--	--	0.033	0.011	0.028
Arginine <sup>1</sup>	g	0.130	--	--	0.196	0.064	0.164
Histidine <sup>1</sup>	g	0.022	--	--	0.033	0.011	0.028
Alanine <sup>1</sup>	g	0.022	--	--	0.033	0.011	0.028
Aspartic acid <sup>1</sup>	g	0.038	--	--	0.057	0.019	0.048
Glutamic acid <sup>1</sup>	g	0.081	--	--	0.122	0.040	0.102
Glycine <sup>1</sup>	g	0.016	--	--	0.024	0.008	0.020
Proline <sup>1</sup>	g	0.080	--	--	0.121	0.039	0.101
Serine <sup>1</sup>	g	0.022	--	--	0.033	0.011	0.028
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6a, 2002 Beltsville MD

<sup>2</sup>N.J. Miller-Ihli **Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States**, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999

<sup>8</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>9</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>10</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

<sup>11</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

<sup>12</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffusion

<sup>13</sup>RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stokey, AJ Dunipace **The fluoride content of foods and beverages from negligibly and optimally fluoridated communities**, 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

<sup>14</sup>Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD

<sup>15</sup>I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen **Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries**, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

<sup>16</sup>Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD

<sup>17</sup>California Table Grape Commission Vitamin C in grapes, 1999

<sup>18</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579